



Rib Lake Middle School

January 2018

Rick Cardey, Principal

Spelling Bee

Soon students will be able to earn eligibility in the annual *Spelling Bee*. Interested students should listen to morning announcements if they would like to take part in this academic offering.

SCHOOL will be DISMISSED
at 11:45 am on

FRIDAY, JANUARY 19th

for staff professional development
in the afternoon.

There is NO SCHOOL on

MONDAY, JANUARY 22nd

due to a staff record-keeping
day.

Community Learning Center (CLC)

Don't forget...Rib Lake Middle School students have the option of a teacher staffed learning center (7:30-8 am, M-F + 3:30-5:30 pm, M-TH). The Community Learning Center is offered through a grant that the RLSD received. During this time students have a snack, activity period and individual tutoring for homework assignments.

Please encourage your child to take advantage of this opportunity.

RIGHT TO REQUEST A SCHOOL & SCHOOL DISTRICT PERFORMANCE REPORT

Pursuant to section 115.38(2) of the Wisconsin State Statutes, the Rib Lake School Board hereby notifies the parents/guardians of students enrolled in the district of their right to request a school and school district performance report. Please contact the district office at 715-427-3222 if you wish to receive the most recent performance report. The School District of Rib Lake's performance report is also available at: <http://www.riblake.k12.wi.us/district/ds-assessment.cfm>.

End of Semester I/Report Cards

Friday, January 19th is the end of Semester I of the 2017-18 school year...how quickly the school year is passing. This is a good reminder for anyone wishing to put forth an extra effort if they would like to bring their grade up in any given class. Keep in mind you can check your child's current grades in all classes by visiting the school district's web page. If you need assistance with this, please call the middle school office. With the end of the grading period will come the issuing of Quarter 2/Semester I grades. Report cards are scheduled to be sent home with your child the last week of January.

Christmas Fun !!

On December 22nd, with Mrs. Burns & Mrs. Hebda as Co-Advisors, Student Council members planned a wide array of fun activities to get RLMS students in the "Spirit of Christmas". Winners of the respective games earned points for their homerooms, which is part of the annual "Battle of the Homerooms" competition.

Each day of the preceding week, students took part in scheduled "dress-up days". The students also collected non-perishable food items for the local food pantries.

News from our School Nurse, Judy LeMaster, RN

What is Frostbite? Frostbite is a bodily injury caused by freezing that results in loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage the body, and severe cases can lead to amputation.

Who's Most at Risk? You may have a greater risk of developing frostbite if you: Have poor blood circulation or are not properly dressed for extremely cold temperatures.

Recognizing Frostbite: At the first signs of redness or pain in any skin area, get out of the cold or protect any exposed skin—frostbite may be beginning. Any of the following signs may indicate frostbite: a white or grayish-yellow skin area, skin that feels unusually firm or waxy, numbness. A victim is often unaware of frostbite until someone else points it out because the frozen tissues are numb.

What to Do: If you detect symptoms of frostbite, seek medical care. First determine whether the victim also shows signs of hypothermia, such as shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech or drowsiness. (<https://www.cdc.gov/disasters/winter/staysafe/hypothermia.html>) Hypothermia is a more serious medical condition and requires emergency medical assistance. If (1) there is frostbite but no sign of hypothermia and (2) immediate medical care is not available, proceed as follows:

Get into a warm room as soon as possible.

Unless absolutely necessary, do not walk on frostbitten feet or toes—this increases the damage.

Immerse the affected area in warm—not hot—water (the temperature should be comfortable to the touch for unaffected parts of the body).

Or, warm the affected area using body heat. For example, the heat of an armpit can be used to warm frostbitten fingers.

Do not rub the frostbitten area with snow or massage it at all. This can cause more damage.

Don't use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can be easily burned.

These procedures are not substitutes for proper medical care. Hypothermia is a medical emergency and frostbite should be evaluated by a health care provider.

Be Prepared: Knowing what to do is an important part of protecting your health and the health of others.

Taking preventive action is your best defense against having to deal with extreme cold-weather conditions. By preparing your home and car in advance for winter emergencies, and by observing safety precautions during times of extremely cold weather, you can reduce the risk of weather-related health problems.

[This information comes from the Centers for Disease Control and Prevention (CDC)]